**Fall Workout Routine – arm strength**

**Rosalyn Koscica**

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**Class 1 – 50 minutes**

20 minutes cardio

* Treadmill (speed 4, incline 2)
* Elliptical (resistance 3)

15 minutes on machines

* Gravitron chin-ups (appropriate weight, 3 sets of 10 reps)
* Leg press (half weight, 1 set of 10 reps with right leg, 1 set of 10 with left leg) (full weight, 1 set of 10 with both legs)
* Military press (appropriate weight, 3 sets of 10 reps)

15 minutes rowing

* Rowing machine (appropriate resistance)
* Seated row (appropriate weight, 3 sets of 10 reps)

**Class 2 – 50 minutes**

20 minutes cardio

* Elliptical (resistance 3, incline 7)
* Low bike (resistance 3)

15 minutes on machines

* Military press (increase original weight by 5 lbs, 3 sets of 10 reps)
* Ab crunches (appropriate weight, 3 sets of 10 reps)
* Overhead press (appropriate weight, 3 sets of 10 reps)

15 minutes weights

* Small weights (appropriate weight)
* Lat pull down (appropriate weight, 3 sets of 10 reps)

**Class 3 – 50 minutes**

20 minutes cardio

* Low bike (resistance 3)
* High bike (resistance 3)

15 minutes on machines

* Overhead press (increase original weight by 5 lbs, 3 sets of 10 reps)
* Leg extension (half weight, 1 set of 10 with right leg, 1 set of 10 with left leg) (full weight, 1 set of 10 with both legs)
* Gravitron chin-ups (increase original weight by 5 lbs, 3 sets of 10 reps)

15 minutes floor exercise

* Plank (30 seconds)
* Medicine ball squats (appropriate weight, 30 times)



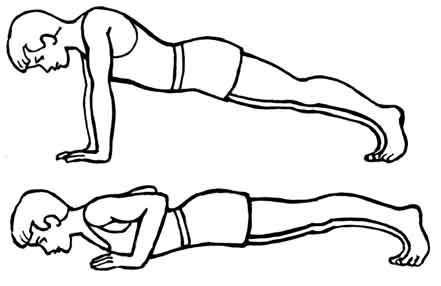
**Class 4 – 50 minutes**

20 minutes cardio

* High bike (resistance 3)
* Treadmill (speed 4, incline 2)

15 minutes on machines

* Gravitron chin-ups (increase original weight by 10 lbs, 3 sets of 10 reps)
* Ab crunches (appropriate weight, 3 sets of 10 reps)
* Military press (increase original weight by 10 lbs, 3 sets of 10 reps)

15 minutes other

* Plank (1 min)
* Push ups (2 sets of 10 or as many as possible)
* Crunches (3 sets of 10 or as many as possible)

**Class 5 – 50 minutes**

20 minutes cardio

* Treadmill (speed 4, incline 2)
* Elliptical (resistance 3, incline 7)

15 minutes on machines

* Military press (increase original weight by 15 lbs, 3 sets of 10 reps)
* Leg curl (half weight, 1 set of 10 reps with right leg, 1 set of 10 reps with left leg) (full weight, 1 set of 10 with both legs)
* Overhead press (increase original weight by 10 lbs, 3 sets of 10 reps)

15 minutes using arms

* Small weights (3-5 more lbs than original)
* Seated Row (5 more lbs than original, 3 sets of 10 reps)

**Class 6 – 50 minutes**

20 minutes cardio

* Elliptical (resistance 3, incline 7)
* Low bike (resistance 3)

15 minutes on machines

* Overhead press (increase original weight by 15 lbs, 3 sets of 10 reps)
* Leg curl (half weight, 1 set of 10 reps with right leg, 1 set of 10 reps with left leg) (full weight, 1 set of 10 with both legs)
* Gravitron chin-ups (increase original weight by 15 lbs, 3 sets of 10 reps)

15 minutes using more machines

* Lat pull down (5 lbs more than original, 3 sets of 10 reps)
* Rowing machine (resistance 3 more than last time)

End result: Person can lift/handle up to 15 lbs more on each machine than when they started, and they are stronger overall.